



# BMI Calculator

Get in Shape with Ease: Exploring the Benefits of  
Our BMI Calculator App

Check Your BMI



# Our Team

---

**T.Sundarapandi - 2136010075**

**R.Sasikumar - 2136010014**

**M.ThamizhInban - 2136010055**

**S.Premkumar - 2136010047**

**A.Venkatesh - 2136010060**

**K.Muraliprakash - 2136010037**

**S.O.Abhimanyu - 2136010063**



# Welcome To Our Application

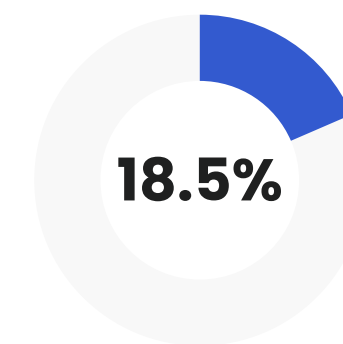
## About Our Application

Are you struggling to lose weight or get in shape? Our BMI Calculator App can help! With just a few simple inputs, our app calculates your Body Mass Index (BMI) and provides personalized recommendations to help you reach your goals. Get ready to look and feel your best!

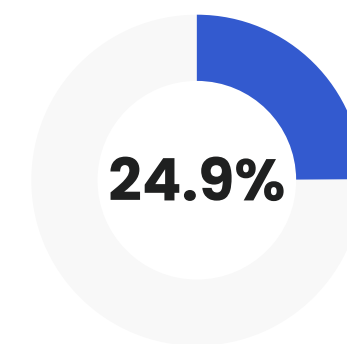


[Home](#)[Photo](#)[About Us](#)[Contact](#)

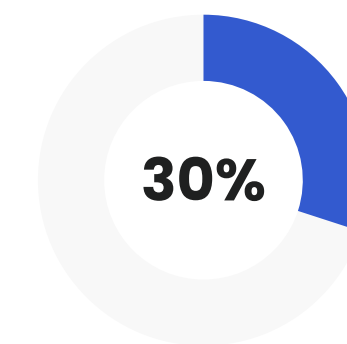
## Working



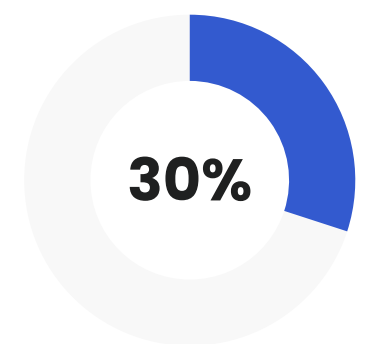
**Less than 18.5  
Underweight**



**18.5-24.9  
Normal Weight**



**25-30  
Overweight**



**More than 30  
Obesity**

It is a useful tool for determining whether a person is underweight, normal weight, overweight, or obese. Our app uses this information to provide customized recommendations for diet and exercise

# Components

[Home](#)[Photo](#)[About Us](#)[Contact](#)

## Hardware:-

- Smartphone
- Laptop
- Emulator
- CPU-IntelCore i5
- memory-64gb
- graphics-AMD Radeon

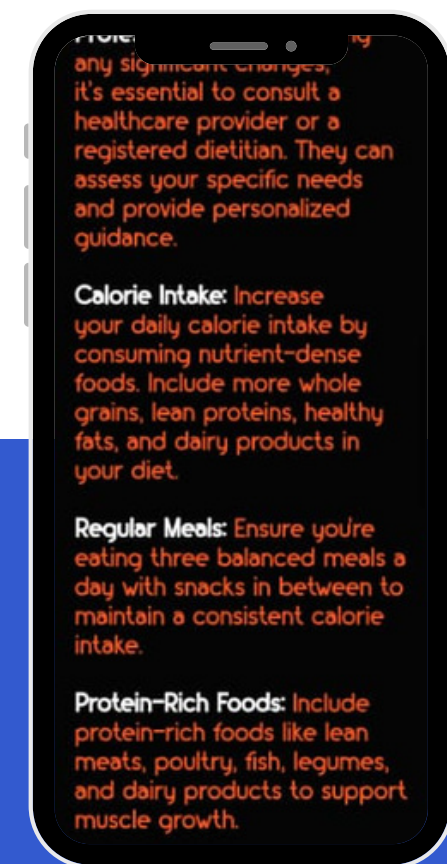
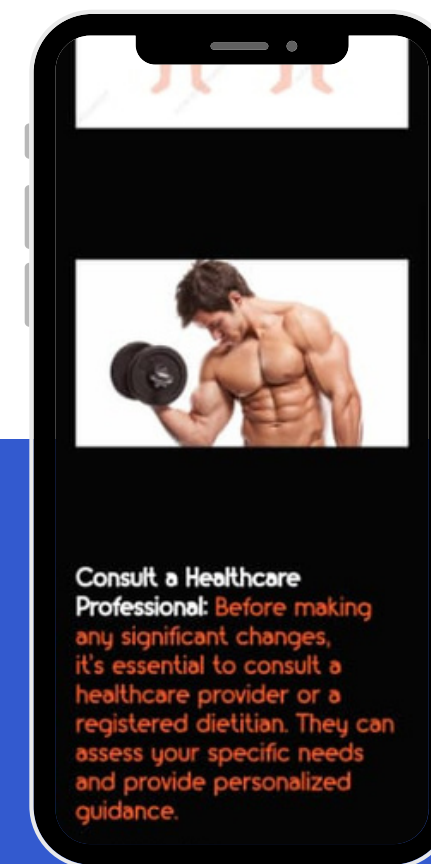
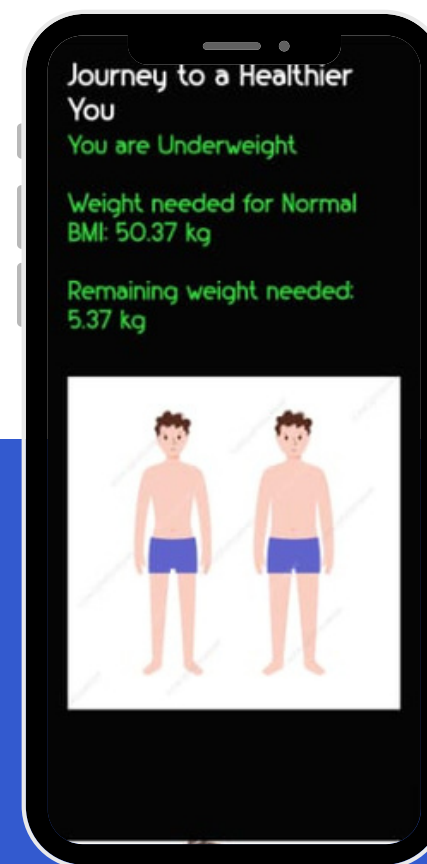
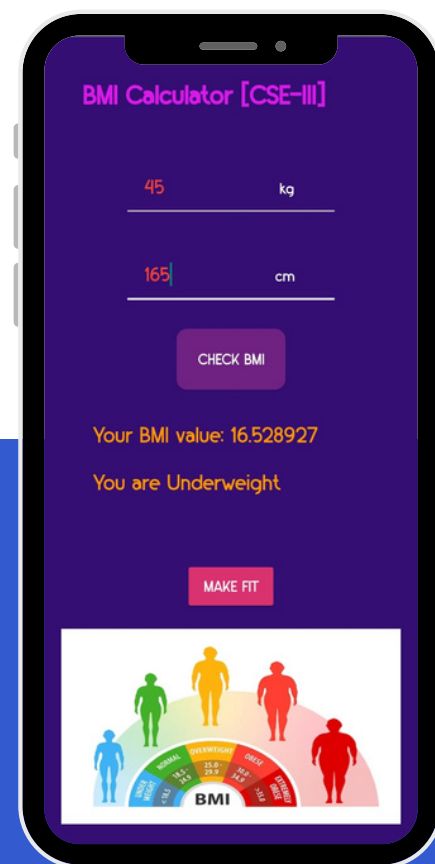
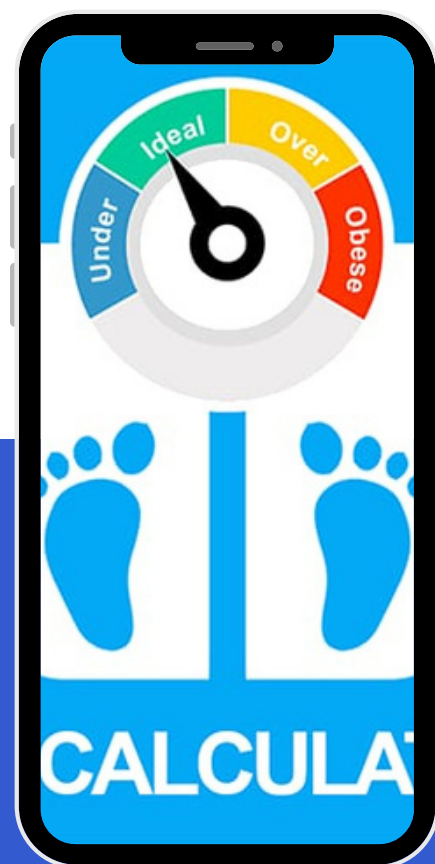
## Software:-

- AndroidStudio
- JAVA
- Kotlin
- SoftwareDevelopment Kit(SDK)





# App Interface



"Explore our app's user-friendly interface and discover its insightful output sections. Gain a comprehensive understanding of how our app works by navigating through these features."



# Application Features

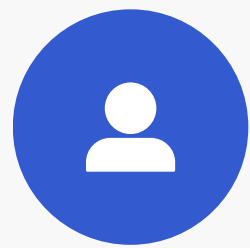
01

Our app calculates your precise BMI and tells you how much weight you need to reach a normal weight. It's a handy tool to guide you towards a healthier weight.

02

It provides valuable information about your health and wellness that can help you make informed decisions about your lifestyle.

# Conclusion



## Without Maintaining Health:

- Lack of Energy
- Increased Risk of Illness
- Mental Health Challenges
- Poor Sleep Quality

More >>>



## Maintaining Health:

- Sustained Energy Levels
- Disease Prevention
- Optimal Weight Management
- Improved Mental Health
- Quality Sleep

More >>>

